


Department of the Army
First Region (ROTC)
United States Army Cadet Command
Fort Bragg, NC 28307-5000

FRMOI 145-71
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Reserve Officers' Training Corps

JROTC RAIDER CHALLENGE PROGRAM

FOR THE COMMANDER:


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PROPOSER: The proposer of this publication is High School Division, First Region (ROTC), US Army Cadet Command. Comments or suggested improvements should be sent directly to Headquarters, First Region (ROTC), US Army Cadet Command, ATTN: ATOA-HS, Fort Bragg, North Carolina 28307-5000.

DISTRIBUTION: Distribution is determined by the proposer. Distribution codes used are explained in FRMOI 25-1.

SUPERSESSON: This is a new publication.

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At: www-rotc.monroe.army.mil/firstregion

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1. Purpose. To provide guidance for the conduct of Raider Challenge.

2. Commander's Intent.

a. All JROTC units have the opportunity to participate in Raider Challenge competitions at unit level.

b. Brigade commander's are encouraged, within resources, to provide Raider Challenge opportunities but brigade or state level competitions are not mandatory. There will be no Region level Raider Challenge competition.

3. Objectives.

a. To promote esprit de corps, teamwork and self-confidence among JROTC cadets.

b. To provide JROTC cadets a competitive program in five mentally and physically challenging training events: First Aid/Litter Carry, Cadet Challenge, One-Rope Bridge, Land Navigation and 5 Kilometer Road March.

c. To serve as a JROTC cadet recruiting and retention vehicle.

4. Responsibilities.

a. Chief, High School Division:

(1) Serve as proponent for the First Region (ROTC) Raider Challenge program.

(2) Coordinate with Cadet Command Resource Management Division to verify availability of funds for awards and trophies for brigade/state level competition.

b. Headquarters, Cadet Command, Resource Management, Budget Team:

(1) Provide funds for SAI/AI travel to brigade/state competitions.

(2) Provide funding for trophies and awards.

(3) Process Invitational Travel Orders.

c. Brigade commanders:

(1) May conduct a Raider Challenge competition annually at brigade or state level.

(2) If conducted, determine eligibility criteria for teams to participate in brigade/state competition.

(3) If funds are available, publish Invitational Travel Orders (ITO) for SAIs/AIs attending brigade/state competitions.

NOTE: Cadre will travel with cadets.

(4) Implement a Raider Challenge training safety program (See Paragraph 8 of this MOI).

(5) Monitor informal Raider Challenge competition between units.

(6) If conducted, ensure PAO coverage of brigade/state competitions.

(7) Invite civilian and military dignitaries to brigade competitions, as appropriate.

(8) Ensure all competition evaluators understand the technical and leadership standards for each event.

(9) Competition evaluators should come from nearest support installation or closest SROTC/JROTC unit.

(10) Process requests for awards and certificates utilizing DA Form 3953 or brigade/SROTC IMPAC card.

(11) If brigade/state level competition are conducted, provide this headquarters (ATTN: ATOA-HS) the schedule of said competitions NLT 16 October of each year.

(12) If brigade/state level competition are conducted, provide this headquarters (ATTN: ATOA-HS) the results of Brigade/State competitions IAW the format at Appendix L within 2 weeks after each competition.

d. Directors of Army Instruction/Senior Army Instructors:

(1) Directors of Army Instruction/Senior Army Instructors are encouraged to field Raider Challenge teams, conduct informal competition and, when applicable, participate in brigade or state level competition. Teams will consist of eight cadets.

(2) Informal competition conducted locally may include any combination of the five Raider Challenge events mutually agreed upon between competing units.

(3) Ensure teams meet eligibility criteria set by the brigade commander and have trained for each event prior to entering brigade/state competition.

(4) Ensure cadets meet the requirements of their local school for participating in extra-curricular activities before participating in Raider Challenge.

5. Brigade/state Level Competition.

a. The Brigade Raider Challenge competition will consist of the five events listed below. Units are required to compete in four events. The 5k Road March is mandatory and units may choose three from the other four events.

(1) First Aid/Litter Carry

(2) Cadet Challenge/President's Physical Fitness Test

(3) One-Rope Bridge

(4) Land Navigation

(5) 5 Kilometer Road March

b. When applicable, brigade commanders should announce dates for brigade/state competition in adequate time to facilitate unit training requirements.

c. Brigade/state competition is intended to last one day, to include travel.

6. Ceremonies and Awards.

a. Ceremonies:

(1) All competitions will start with an opening ceremony and end with a closing ceremony.

(2) All teams will have a team guidon and a distinctive slogan.

b. Awards:

(1) As a minimum, Raider Challenge trophies will be awarded at the brigade/state competition to include the following:

(a) 1st, 2nd, and 3rd place team trophies.

(b) Individual mementos for each cadet on the first place team.

(c) Certificates for each participant.

(2) Trophies, awards, ribbons or certificates are encouraged for top finishers in the informal competitions. Recommend funds for such trophies come from entrance fee. First Region (ROTC) is not allocated funds to procure awards for informal competitions.

7. Cadet Liability. Senior Army Instructors must ensure that each cadet participating in Raider Challenge training or competition understands the requirement for personal medical coverage. Raider Challenge team members must complete all forms at Appendices G through K prior to participating in Raider Challenge.

8. Safety.

a. Responsibility: Commanders at every echelon are responsible for conducting a continuous, rigorous safety program ensuring that adequate provisions for safe practices and safe physical standards are incorporated into all aspects of training (See Cadet Command Regulation 385-1, Training Safety and U.S. Army First Region Safety SOP dated 21 March 1994.)

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b. Safety Requirements:

(1) Risk Management Program methodology will be incorporated into training and competitions.

(2) Cadet Buddy Teams and the "Buddy Team" process will be incorporated into training and competitions.

(3) Applicable training safety publications will be available and adhered to during training and competitions.

(4) All cadre and cadets will be thoroughly briefed on pertinent safety and range regulations prior to the start of the competitions. Additionally, each event OIC will conduct a safety briefing for cadets prior to the start of each event. Competition evaluators must attend the briefings.

(5) Accident/injury reporting requirements are contained in subject: Accident Reporting Procedures, First ROTC Region Safety SOP, ATOA-PAA, 21 March 94.

(6) Medical support and medical evacuation plan will be available during the competition.

(7) Prescribed rope for use in rope bridge event is Rope, Fibrous, NSN 4020-00-931-8793.

REFERENCES

1. First Region Safety SOP, dated 21 March 94
2. FM 21-20, Physical Fitness Training
3. FM 21-26, Map Reading
4. ROTC 145-4-1, Marksmanship and Safety
5. TC 90-6-1, Military Mountaineering
6. JROTC LET-1 Instructor Manual

FIRST AID\4-Man Litter Carry

1. Task. Perform four life-saving steps and move a wounded person 500m on a litter.
2. Conditions. Given a victim with undetermined injuries, a litter, during daylight and under existing weather conditions.
3. Standards. Team will start from a known point, move forward and evaluate, treat, prepare a casualty for movement and transport the victim a minimum of 500 meters across a course determined by the event OIC.
4. Performance Measures. Cadets will move as a group, evaluate the victim and perform the four basic life-saving measures. The cadets will transfer the victim to a first aid station located at least 500 meters away.

OVERALL COMPETITION SCORING

Place	Points
1	15
2	13
3	11
4	9
5	8
6	7
7	6
8	5
9	4
10	3
11	2
12	1

NOTE: A 2-point penalty will be charged for each failure to perform a performance measure in knowledge of and treatment for shock LET I Manual, and Immobilizing a Fracture, LET I Manual.

5. Concept.

a. The First Aid/Litter Carry event consists of a simulated plane crash site. Each team will move as a group, evaluate a live (not a dummy) casualty, and perform the four basic life

saving measures. After treating the casualty they must then transport him as quickly and safely as possible through a series of obstacles to the recovery site. Scoring is based on proper first aid techniques, treating all injuries, use of safe/approved transport techniques, and speed of evacuation.

b. Timeline.

Introduction Brief	
Site Layout/Task, Conditions, Standards	5 min
Administer First Aid	
Evaluate a Casualty	2 min
Perform Mouth-to-Mouth Resuscitation	3 min
Stop Bleeding/Apply a Field or Pressure Dressing	3 min
Prevent Shock	2 min
Splint a Suspected Fracture	5 min
Give First Aid for Burns	3 min
Transport a Casualty Using an Improvised Litter	7 min
AAR/Scoring	10 min
Movement to next site/Set up for next group	5 min
TOTAL	45 min

c. Coordinating Instructions.

(1) Scoring is based on evacuation time and performance measures outlined in LET Manual. Sample score sheet is part of this enclosure.

(2) The following tasks will be evaluated/scored as follows:

TASK NAME	POINTS
Evaluate a Casualty	20 pts
Perform Mouth-to-Mouth Resuscitation	20 pts
Put on a Field or Pressure Dressing	10 pts
Prevent Shock	10 pts
Splint Suspected Fracture	14 pts
Give First Aid for Burns	8 pts
Transport a Casualty Using an Improvised Litter	6 pts
Time to Evacuate: Fastest Time	12 pts
2d Fastest	10 pts
3d Fastest	8 pts
Within time allotted (<25 min)	6 pts
More than Time Allotted (>25 min)	0 pts
TOTAL POSSIBLE	100 pts

NOTE: Each competing team will decide which of its members performs the first aid and evacuation tasks. As example, one team might choose to have one person splint the fracture with another person performing mouth-to-mouth, while a different team chooses to have a single person perform all of the first aid tasks.

(3) Final First Aid site scores will be rank (place) ordered and assigned overall competition points as follows:

PLACE	POINTS
1	15
2	13
3	11
4	9
5	8

(4) First Aid scoring is based on two points for each major performance measure as indicated above and listed in the reference.

(5) Time for scoring begins after the Introduction Brief on the command "GO". Time ends when the casualty is safely delivered to the recovery site.

(6) Site OIC provides first aid/litter materials to be used by teams. However, if a team attempts to keep any site materials upon completion of the event, that team will receive 0 points for the event.

(7) The task "perform mouth-to-mouth resuscitation" will be performed on the Resusci-Annie dummy. All other tasks will be performed on the live simulated casualty.

(8) Upon arrival at the site, all casualties will report to the site CP for preparation of simulated injuries.

(9) Reporting time for cadre will be determined after Brigade IPR.

6. Support.

a. Personnel. See above.

NOTE: The extra cadet accompanying each team as a coach will serve as that team's simulated casualty. If the coach is unable to serve as casualty, the team will select one of its members to serve as casualty. The casualties will not provide assistance to the team other than information concerning injuries sustained.

b. Supplies Required.

- (1) Class II:
 - Clipboards, 5 ea
 - Pens, 1 bx
 - Tape, cloth, white (eng), 4 rolls
 - Paper, bond, 8-1/2 x 11, 1 rm, (score sheets)
 - Pegs, tent, wooden, 2', 30 ea
 - Water can, 5 gal, 5 ea
- (2) Class IV:
 - Sawhorse, 8 ea
- (3) Class VIII:
 - Moulage Kit, 4 ea
 - Resusci-Annie, 4 ea
 - Field Dressing, 12 ea
 - Cravat, 24 ea
 - Litter, 5 ea

c. Water. Five 5-gal cans of potable water will be available on-site.

d. Land.

7. Safety. This event is designed to provide both mental and physical challenges for the participants. This combined with the likelihood of high temperatures and humidity may increase the potential for heat injuries. Enforce forced hydration to prevent heat injuries. Constructed obstacles will be designed to force cadets to work together while minimizing the potential for injury. Site staff will inspect all equipment prior to the start of the competition and after each rotation to ensure serviceability.

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TEAM NAME: _____
SCHOOL: _____

JROTC RAIDER CHALLENGE
FIRST AID/LITTER CARRY SCORE SHEET

G/NG

EVALUATE A CASUALTY

- | | |
|--|------|
| 1. CHECKS FOR RESPONSIVENESS | 2 PT |
| 2. CHECKS FOR BREATHING | 2 PT |
| 3. CHECKS FOR BLEEDING | 2 PT |
| 4. CHECKS FOR SHOCK | 2 PT |
| 5. CHECKS FOR FRACTURES AND IMMOBILIZES NECK OR
BACK INJURIES, IF FOUND | 2 PT |
| 6. CHECKS FOR BURNS | 2 PT |
| 7. CHECKS FOR HEAD INJURY | 2 PT |
| 8. PERFORMS ALL NECESSARY STEPS IN SEQUENCE | 2 PT |
| 9. SEEKS MEDICAL AID AS SOON AS POSSIBLE | 2 PT |
| 10. IDENTIFIES ALL WOUNDS AND/OR CONDITIONS | 2 PT |

POSSIBLE: 20 PTS

SUBTOTAL: _____

PERFORM MOUTH-TO-MOUTH

- | | |
|---|------|
| 1. ROLLS CASUALTY ON HIS/HER BACK IF NECESSARY | 2 PT |
| 2. OPENS THE AIRWAY USING THE HEAD-TILT/CHIN-LIFT | 2 PT |
| 3. CHECKS FOR BREATHING WITHIN 3 TO 5 SECONDS BY
PLACING AN EAR OVER THE CASUALTY'S MOUTH AND
LOOKING TOWARD HIS OR HER CHEST | 2 PT |
| 4. GIVES BREATH TO ENSURE AN OPEN AIRWAY | 2 PT |
| 5. REPOSITIONS CASUALTY'S HEAD SLIGHTLY FARTHER
BACKWARD AND REPEATS THE BREATHS | 2 PT |
| 6. PERFORMS ABDOMINAL OR CHEST THRUSTS | 2 PT |
| 7. PERFORMS A FINGER SWEEP AND REPEATS THE BREATHS | 2 PT |
| 8. CHECKS FOR PULSE, USING THE FIRST TWO FINGERS, IN
THE GROOVE OF THE CASUALTY'S THROAT BESIDE
THE ADAM'S APPLE | 2 PT |
| 9. CONTINUES MOUTH-TO-MOUTH RESUSCITATION, AT THE
RATE OF ABOUT ONE BREATH EVERY 5 SECONDS (12
BREATHS PER MINUTE) AND RECHECKS FOR PULSE AND
BREATHING AFTER EVERY 12 BREATHS | 2 PT |
| 10. PERFORMS ALL NECESSARY STEPS IN THE CORRECT SEQUENCE | 2 PT |

POSSIBLE: 20 PTS

SUBTOTAL: _____

STOP BLEEDING/APPLY A FIELD DRESSING

1. UNCOVERS THE WOUND UNLESS CLOTHING IS STUCK TO THE WOUND	2 PT
2. APPLIES CASUALTY'S FIELD DRESSING	2 PT
3. APPLIES MANUAL PRESSURE AND ELEVATES THE ARM OR LEG, IF NECESSARY	2 PT
4. APPLIES A PRESSURE DRESSING, IF NECESSARY	2 PT
5. PERFORMS ALL NECESSARY STEPS IN SEQUENCE	2 PT
<hr/>	
POSSIBLE: 10 PTS	SUBTOTAL: _____

PREVENT SHOCK

1. POSITION THE CASUALTY	2 PT
2. LOOSENS TIGHT CLOTHING WHICH MAY BIND AROUND NECK, WAIST OR OTHER AREAS	2 PT
3. KEEPS CASUALTY FROM CHILLING OR OVERHEATING	2 PT
4. REASSURES THE CASUALTY	2 PT
5. DOES NOT CAUSE FURTHER INJURY	2 PT
<hr/>	
POSSIBLE: 10 PTS	SUBTOTAL: _____

SPLINT A SUSPECTED FRACTURE

1. USES SPLINTS THAT REACH BEYOND THE JOINTS ABOVE AND BELOW THE FRACTURE	2 PT
2. CHECKS CIRCULATION BELOW THE FRACTURE BOTH BEFORE AND AFTER APPLYING THE SPLINTS	2 PT
3. APPLIES PADDING BETWEEN THE SPLINTS AND ALL BONY AREAS	2 PT
4. USES AT LEAST FOUR TIES (TWO ABOVE AND TWO BELOW THE FRACTURE) TO SECURE THE SPLINTS, IF POSSIBLE	2 PT
5. TIES NONSLIP KNOTS ON THE SPLINT WHICH IS AWAY FROM THE INJURY	2 PT
6. IMMOBILIZES THE SPLINTED ARM OR LEG USING A SLING AND/OR SWATCHES, AS REQUIRED, SO THAT IT DOES NOT MOVE EASILY	2 PT
7. DOES NOT CAUSE FURTHER INJURY	2 PT
<hr/>	
POSSIBLE: 14 PTS	SUBTOTAL: _____

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GIVE FIRST AID FOR BURNS

1. ELIMINATES THE SOURCE OF THE BURN	2 PT
2. CUTS AND GENTLY LIFTS AWAY ANY CLOTHING COVERING THE BURNED AREA UNLESS IT IS STUCK TO THE BURN	2 PT
3. APPLIES THE CASUALTY'S FIELD DRESSING OR OTHER CLEAN MATERIAL	2 PT
4. DOES NOT CAUSE FURTHER INJURY	2 PT
<hr/>	
POSSIBLE: 8 PTS	SUBTOTAL: _____

TRANSPORT A CASUALTY

1. SELECTS AN APPROPRIATE METHOD OF TRANSPORTING THE CASUALTY	2 PT
2. PERFORMS THE CARRY	2 PT
3. DOES NOT CAUSE FURTHER UNNECESSARY INJURY	2 PT
<hr/>	
POSSIBLE: 6 PT	SUBTOTAL: _____

POINTS (EXCLUDING TIME)

POSSIBLE: 88 PTS	SUBTOTAL: _____
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TIME: _____	PLACE: _____
<hr/>	
POSSIBLE: 12 PTS	TIME POINTS: _____
	TOTAL POINTS: _____

ROPE BRIDGE

1. Task. Cross an obstacle using a one (1) rope bridge.

2. Conditions.

a. Under existing weather conditions, each Raider Challenge team will cross a 40 foot obstacle on a one-rope bridge spanning approximately 60 feet.

b. Time will not stop during the conduct of the event. Penalties will be assessed at the end of the event by calculating the total penalty time plus crossing time.

c. Teams will compete against the clock.

d. Teams will make only one timed crossing.

e. Eight cadets will compete in the event. All cadets must cross the obstacle on the rope except the first and last cadet.

f. All equipment assigned to the cadets will be carried across the obstacle. This includes the LBE, two full canteens (w/cups and covers) and one first aid pouch with field dressing. Hats may be placed in pockets during the crossing.

g. The site will include a suitable *"bombproof" anchor on the near and far side and a suitable loading/unloading platform. Rope may be stacked in front of or behind the anchor. Distance will not span over 65 ft when using a 120 ft rope. The site committee will provide Carabiners (snaplinks) and ropes for the bridge and swiss seat construction only. No outside equipment can be brought in and utilized during the competition. Exception: Cadets may use gloves but they will not be provided by the committee.

*A bombproof anchor is a mountaineering term meaning the anchor has been tested and will more than support its intended loads.

h. Engineer tape will mark the edge of the obstacle.

3. Standards.

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a. Swiss seats will be worn by all team members except the first and last. Seats will be tied during the preparation phase.

b. The preparation phase will start at the whistle for five minutes. Time will stop when all members are across the obstacle and when the leader of the team is satisfied that all knots are removed from the rope and equipment is accounted for. He will then call stop and the time will cease.

c. The transport tightening system must be constructed with a wireman's knot for safety. The fixed loop of the wireman's knot will be 12" long and will lay back toward the near side anchor. The wireman's knot will have two carabiners, gates opposed, in the fixed loop. Carabiners will not be placed in the knot.

d. When crossing, cadet will not place leg/foot in contact with the rope. Hands and caribiner contact only on the main rope when crossing.

e. Eleven snaplinks must be used or carried across the obstacle.

4. Concept. Upon arrival at the site, the team will enter the holding area, secure necessary equipment, and wait for further instruction from site cadre. Teams will receive a safety briefing as well as Task, Conditions and Standards while in the holding area. When a lane is clear, the team in the holding area will be escorted to the ready line where they will have 5 minutes to prepare for the crossing before their time starts. Teams will cross the obstacle and move to the holding area where all equipment will be accounted for and turned in prior to being released back to school officials/cadre.

5. Construction. The one-rope bridge is constructed using a 120 foot rope. Obstacles exceeding 65 feet should not be bridged with a 120 foot rope. The rope is anchored with an anchor knot on the far side of the obstacle (round turn and a bowline) and is tied off at the near side using the transport tightening system. The system will have a suitable loading/unloading platform, a "bombproof anchor" on the near and far side, and be placed appropriately on the anchor (approximately 1 meter) to allow bridge to be mounted.

a. Preparation.

(1) The #1 and #8 persons tie around the waist harness with a square knot and snaplink. The #2 through #7 persons tie rappel seats (swiss seats) with snaplinks for use in transporting themselves across the bridge.

(2) The 120 foot rope is "stacked" so the running end comes off the top of the pile.

b. Bridge Construction.

Step 1. The first person ties a bowline in the end of the 120 ft rope, attaches the fixed loop to the snaplink in his/her waist harness, and moves across the obstacle. Another persons belays the first person to the far side.

Step 2. When the first person reaches the far side, he/she moves to the anchor point, detaches the snaplink from his/her harness and wraps the ropes around the anchor point. The rope is then temporarily secured by closing the snaplink on the main rope.

Step 3. On the near side, as close to the obstacle as possible, a wireman's knot is tied in the rope. The fixed loop formed will naturally lay toward the near side anchor. The fixed loop is placed into two snaplinks, gates opposed. The remainder of the rope is routed around the anchor point and through the snaplinks. The far-shoreman pulls the wireman's knot out approximately one-third of the distance from the near anchor (using Army green-line rope, 1/3 stretch).

Step 4. The far shoreman secures the rope to the anchor point, ensuring the rope is at least waist high, with an anchor knot (round turn and a bowline) or a tensionless anchor knot. (See Note).

NOTE: Tensionless anchor knot (alternate tie-off) - The bowline is not removed from the end of the rope. The rope is simply wrapped 4 times around the anchor. Then a caribiner is placed in the bowline and clipped to the standing part of the rope. The wraps are kept "dressed" so there are no gaps between the ropes.

Step 5. The members on the near shore tighten the rope. Only three people are used to tighten the rope. Three additional people may hold the rope parts together. Damage is placed on the rope by getting it "guitar string tight" and the rope decreases in strength. The rope is tightened until the snaplinks are approx 1 meter from the anchor. The transport tightening system is used to secure the Rope Bridge using a half hitch on a bight. The half hitches must go around all ropes, not only the single rope coming from the caribiner.

c. Method of Crossing. The member will face the rope with his/her left shoulder toward the far anchor and clips into the rope. Member will rotate his/her body under the rope and pull with the hands until across the obstacle. Only one person will be on the rope at a time. No part of the body or equipment may touch the obstacle while crossing.

d. Disassembly of the rope-bridge.

(1) The #8 person disassembles the transport system on the near side. He ties bowline in the end of the rope and secures the loop to the snaplink in his waist harness. (Bowline can be tied any time during the construction phase. Ensures the rope is not around the obstacle and moves across.)

(2) Once the #8 man is across, all knots are removed from the rope. When the leader is satisfied that all knots are removed from the rope and all equipment is accounted for, he/she will call stop and the time will cease.

e. Scoring. The score earned by the team will be a total time based on elapsed time and any penalty times added.

f. Penalties. Penalties will be assessed for the following violations:

(1) Preparation.

(a) 20 seconds for each member that fails to properly tie around the waist square knot harness or rappel seat.

(b) One minute if on command "Go" there is a knot in the rope or rope overlaps itself.

(2) Construction and Crossing.

(a) 20 seconds each for the first/last member who fails to secure the main rope to their waist with a bowline and snaplink.

(b) 45 seconds for failure of #1 man to temporarily secure rope to far side anchor.

(c) 1 minute for failure to secure transport system with two half hitches over all wraps or for pigtail less than 6 inches.

(d) 30 seconds for each cadet who enters (touches) the obstacle with their body or equipment per crossing attempt. This includes members on the near and far sides attempting to assist members negotiate the obstacle.

(e) 30 seconds for the first or last person who touches the obstacle other than their own crossing. Once their attempt to cross is begun, they may not return to shore for any reason without being penalized.

(f) 1 minute for more than one member on the rope at a time.

(g) 45 seconds for each piece of equipment dropped into the obstacle or not taken across during the crossing.

(h) 30 seconds for each knot left in rope after crossing.

(i) 10 seconds for each piece of equipment or item lost in crossing.

(j) 10 seconds for any member who places a foot/leg over or in contact with the rope while crossing.

(k) 2 minute for failure to remove wireman's knot from rope.

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(1) All knots will be dressed/set and tied to standard.

NOTE: Disqualification will result for failure to use a wireman's knot for the transport tightening system.

SCHOOL	GO	NO-GO	PENALTY
1. Preparation (5 Min)			
#1 & #8 tie around the waist square knot w/snaplink.		x:20	
#2 thru #7 tie swiss seats & install snaplinks.		x:20	
2. Construction & Crossing			
On command Go, no knots in rope.		x1:00	
#1 ties an end of line bowline, uses snaplink to secure main rope to sling rope around waist.		x:20	
#1 moves across obstacle & wraps main rope around far side anchor point/uses snaplink to temporarily secure main rope around anchor point.		x:45	
Near side man ties wireman's knot in main rope (2 caribiners used, gates opposed).		Disqualified	
#1 pulls slack out of rope/secures rope to far anchor using round turn and a Bowline or alternate Tie-Off.		x1:00	
Near side tightens rope/secures over all wraps using transport knot secured with half hitch on a bight turn and two half hitches.		x1:00	
#2 thru #7 cross rope/each member keeps only hands & snaplink in contact w/rope		x:10	
No more than one person on the rope at a time.		x1:00	

Member	# 1	# 2	# 3	# 4	# 5	# 6	# 7	# 8	Tot infract						
Lost Equip									x:45						
Touch Obstacle									x:30						
#8 unties transport tightening system, ties end of line bowline, attaches rope to waist and is pulled across.											x:20				
All knots out of rope/Sqd Ldr declares STOP											x:30				
3. SCORER CHECK:															
Wireman's knot removed											x2:00				
All Equipment present												x:10			
11 Snaplinks present												x:10			
											Total Penalty Time:				
											Elapsed Time:				
											Total Time:				

LAND NAVIGATION

1. Task. Negotiate a compass course.
2. Conditions. At a designated field location, with predetermined, recognizable points, during daylight, under existing weather conditions, in at least two person buddy teams, and using a compass.
3. Standards.
 - a. Eight cadets must begin this event. Should a cadet become injured, only six cadets need to finish. If less than six cadets finish, the team is disqualified.
 - b. Each team will be given a start time and the time will stop after the last buddy team crosses the finish line.
 - c. Upon reaching a point, the team will record the letters/numbers on the stake/can onto their scorecard. Once the team determines they have found all the points they can, they will return to the finish point.
 - d. The start and finish points are the same for all teams. Spectators and cadre are to remain in the spectator holding area and will not interfere/assist the cadets.
 - e. A team is automatically disqualified if a team member is found alone on the course at any time.
 - f. The team with the most total points at the end of the event wins. In the event of a tie for any placing, the team with the lowest cumulative time shall be declared the winner.

PENALTY POINTS SCORING MATRIX - TIME CLOCK

<i>TIME</i>	<i>PENALTY</i>
TIME LIMIT (TL) IN MINUTES OR LESS	NO PENALTY
TL + .01 SEC - TL + 5 MIN	5 POINT
TL + 5.01 - TL + 10 MIN	10 POINTS
TL + 10.01 - TL + 15 MIN	15 POINTS
TL + 15.01 - TS + 20 MIN	20 POINTS
TL + 20.01 - TL + 25 MIN	25 POINTS
TL + 25.01 - MAX TL	30 POINTS
OVER MAX TL	TEAM RECEIVES NO POINTS

NOTES:

- a. Each course will have a maximum time limit of two hours.
- b. Courses should be designed to challenge buddy teams but ensure completion within the time limit.

OVERALL COMPETITION SCORING

Place	Points
1	15
2	13
3	11
4	9
5	8
6	7
7	6
8	5
9	4
10	3
11	2
12	1

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4. Concept.

a. If teams are split, no element should be smaller than two-person buddy teams. The team determines which of their elements will go to their designated land navigation points.

b. Points will be awarded for each correct point found. Points are only deducted if all buddy teams are not back within designated time. Buddy teams returning after final stoppage time receive zero points.

c. All teams must be trained in task number 04-3303.01-0034, Navigate Using Map and Compass, by their cadre prior to negotiating this course. The site committee will offer no instruction.

5 KILOMETER ROAD MARCH

1. Task. Complete a 5-kilometer road march.
2. Conditions. During daylight, under existing weather conditions, and carrying all items of prescribed equipment.
3. Standards. Teams will complete the road march within 60 minutes.

NOTES:

- a. Teams must cross the finish line together, no more than 20 meters between first and last cadet.
- b. Cadets may assist each other during the march.

OVERALL COMPETITION SCORING

Place	Points
1	30
2	26
3	22
4	20
5	16
6	14
7	12
8	10
9	8
10	6
11	4
12	2

4. Concept.

a. The Team Run will be the last competitive event of the competition. Following a safety briefing, a committee member will conduct an inspection of each team for proper equipment and uniform.

b. Teams will enter the course, two teams at a time and will be released in this manner at three minute intervals.

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c. An aid vehicle equipped with a PRC-77 or similar radio will patrol the route.

5. Route. To be determined.

6. Uniform/Equipment. Each cadet will wear or carry the following equipment:

- a. LBE
- b. Two full canteens with covers and one cup
- c. One first aid pouch with field dressing
- d. Road guard vests (2 per team)
- e. Uniform is BDUs with BDU cap and running shoes.

7. Rules and Special Instructions.

a. Cadets will not begin the Team Run if not in the correct uniform.

b. Cadets should be discouraged from dumping their water.

c. Each cadet will carry his/her own equipment. The cadet may be assisted or encouraged by other team members but cannot have another cadet carry their equipment.

d. Cadre may observe only. Cadre members acting as road guards must remain in their designated site.

e. Teams will be disqualified that do not finish with 8 cadets. Teams must finish together. The maximum distance between the first and last person on the team will be 20 meters. Time stops when the last cadet crosses the finish line.

8. Equipment required by committee:

PRC-77 Radios
Lead and trail GSA vehicles
Stop watches
5 gal water cans

CADET CHALLENGE/PRESIDENT'S PHYSICAL FITNESS TEST

1. Task. Complete President's Physical Fitness Test consisting of curl-ups, pull-ups, V-sit Reach, one mile run and the shuttle run.
2. Conditions. During daylight, in the prescribed PT uniform, during existing weather conditions, and at an appropriate testing location.
3. Standards. Cadets will be scored using the enclosed tables.

NOTES: For more information on the President's Challenge Physical Fitness Test, Rite Poplars Research Center, 400 E. 7th Street, Bloomington, IN 47405. Information can also be obtained by calling 1-800-258-8146.

OVERALL COMPETITION SCORING

Place	Points	Place	Points
1	15	7	6
2	13	8	5
3	11	9	4
4	9	10	3
5	8	11	2
6	7	12	1

4. Concept:

a. Team member uniform: BDU/soft cap/running shoes (preferably non-black soled).

b. The PPFT events include curl-ups, shuttle run, pull-ups, V-sit reach, and one mile run/walk. These events will be completed in round-robin sequence except for the 1 mile run which will be performed as a mass group upon completion of the four other events. Recommend making runner's shout at the end of the run to maintain correct finishing order.

c. Prior to the first event, each team will have 5 minutes to conduct team level stretching/calisthenics.

d. Three evaluators will be assigned to each event. The PPFT OIC will select chief evaluators for each event. Evaluators will demonstrate each event to teams prior to beginning the event. Evaluators will record individual scores on score sheet below. At the conclusion of the one mile run, evaluators will immediately turn in score sheets to PPFT OIC. PPFT OIC will compile team scores, determine overall team standings, and immediately provide results to Brigade Raider Challenge OIC using team score sheet at Appendix F.

e. If a scoring dispute arises at a testing station, the chief evaluator at the station will attempt to resolve the matter. If the matter is not resolved to the satisfaction of the affected team, the team may appeal the decision to the PPFT OIC. The PPFT OIC will review the matter and make a final decision.

f. Objective and criteria for testing and scoring each event are listed below:

(1) Curl-ups.

(a) Objective: To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

(b) Testing: Have cadet lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that shoulder blades touch the floor, for one curl-up. To start, a timer calls out the command "Ready? Go!" and begins timing for one minute. The cadet stops on the word "stop."

(c) Scoring: "Bouncing" off the floor is not permitted. The curl-up will be counted only if performed correctly.

(2) Shuttle Run.

(a) Objective: To perform shuttle run as fast as possible.

(b) Testing: Mark two parallel lines 30 feet apart and place two blocks of wood or similar objects (approximate size of 2" x 2" x 4") behind one of the lines. Cadets start behind the opposite line. On the command "Ready? Go!" the cadet runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block and runs back across the starting line.

(c) Scoring: Blocks cannot be thrown across the line. Scores recorded to nearest tenth of a second.

(3) Pull-ups.

(a) Objective: To measure upper body strength/endurance by maximum number of pull-ups completed.

(b) Testing: Cadet hangs from a horizontal bar at a height the cadet can hang from with arms fully extended and feet free from floor, using the overhand grasp (palms facing away). Cadet raises body until chin clears the bar and then lowers body to full-hang starting position. Cadet performs as many correct pull-ups as possible.

(c) Scoring: Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.

(4) V-sit Reach.

(a) Objective: To measure flexibility of lower back and hamstrings by reaching forward in the V position.

(b) Testing: A straight line two feet long is marked on the floor as the baseline. A measuring line is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half inches. The point where the baseline and measuring line intersect is the "0" point. Cadet removes shoes and sits on the floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8 - 12 inches apart. Cadet clasps thumbs so that hands are together, palms down and places them on measuring line. With the legs held flat by a partner, student slowly reaches forward as

far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the cadet holds the fourth reach for three seconds while the distance is recorded.

(c) Scoring: Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Cadets should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline.

(5) One Mile Run/Walk.

(a) Objective: To measure heart/lung endurance by fastest time to complete a one-mile course.

(b) Testing: On a safe, one mile distance, cadets begin running on the command "Ready? Go!" Walking may be interspersed with running. However, the cadets should be encouraged to cover the distance in as short a time as possible.

(c) Scoring: Record time needed to complete the one-mile distance.

NOTE: Curl-up event requires double the evaluators due to the time it takes. (1 minute per cadet versus 30 seconds per cadet for other events).

5. Logistics required for the conduct of the PPFT is listed below.

- a. Bull horn - 1 ea.
- b. Engineer tape - 1 roll (used to establish runner's shoot).
- c. Cushioned mats - 3 ea (used for the curl-up event.)
- d. Wood blocks measuring 2" x 2" x 4" - 6 ea (used for shuttle run event.)

e. Stop watches - 5 ea (Used to maintain time at all events except V-sit reach.)

f. Lightweight numbered devices with safety pins - 1 ea per runner.

g. Tape measure (100') - 1 ea (Used to measure 30' shuttle run and V-sit reach.)

h. Event placards (w/tripod stand) - 4 ea (Curl-up, pull-up, V-sit reach, and shuttle run stations.)

i. Pylons - 8 ea (Used to control participants awaiting testing at each station; 2 per station.)

j. Water - 10 gallons with cups (Positioned at end of running event.)

k. Briefing chart/easel (Used to brief competitors on PPFT events.)

l. Risk assessment forms.

m. Clipboards - 12 ea (1 per evaluator for the curl-up, pull-up, V-sit reach, and shuttle run events.)

n. Combat life saver with litter, medic bag, medical evacuation plan, and vehicle configured for transport of patient on a litter.

o. Digital clock (optional) - (Positioned at end of one mile race to record run times.)

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**PRESIDENTIAL PHYSICAL FITNESS TEST
(INDIVIDUAL SCORE SHEET)**

TEAM NAME/SCHOOL: _____

NAME	CURL-UPS # IN ONE MIN	SHUTTLE RUN SECONDS	PULL-UPS # PERFORMED	V-SIT REACH INCHES	RUN MIN:SEC
TOTAL:					

**PRESIDENTIAL PHYSICAL FITNESS TEST
(TEAM SCORE SHEET)**

SCHOOL								
EVENT								
1. PULL-UPS (# reps)								
TEAM PLACE (Event)								
2. SHUTTLE RUN (# secs)								
TEAM PLACE (Event)								
3. V-SIT REACH (# inches)								
TEAM PLACE (Event)								
4. CURL-UPS (# reps in 1 min)								
TEAM PLACE (Event)								
5. ONE MILE RUN (min:sec)								
TEAM PLACE (Event)								
TOTAL TEAM POINTS								
OVERALL TEAM PLACE								

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STATEMENT OF INSURANCE COVERAGE

(Date)

** I certify that JROTC/NDCC Cadet _____,
from _____ (name of school)
who is participating in the Raider Challenge Meet has insurance
coverage in accordance with AR 145-2, paragraph 5-13(3).

(Signature of DAI/SAI/AI)

(Printed Name of DAI/SAI/AI)

**The SAI will ensure that the insurance the cadet carries covers
the scheduled training activities.

JROTC CADET PERSONAL INFORMATION

SCHOOL: _____

NAME: (LAST, FIRST) MI _____

HOME ADDRESS: _____

PHONE NUMBER (INCLUDE AREA CODE): _____

SOCIAL SECURITY NUMBER: _____ CADET RANK: _____

DATE OF BIRTH: _____ SEX: _____

BLOOD TYPE (IF KNOWN): _____

SCHOOL CLASS (GRADE): _____ LET STATUS: _____

PERSON TO BE CONTACTED IN CASE OF EMERGENCY: _____

RELATIONSHIP: _____

ADDRESS/PHONE NUMBER (IF DIFFERENT THAN YOUR HOME ADDRESS): _____

DATA REQUIRED BY THE PRIVACY ACT OF 1974:

1. AUTHORITY: Title 10 United States CODE, Section 3012
2. PRINCIPAL PURPOSE(S): To provide emergency notification data for cadet participating in Raider Challenge.
3. ROUTINE USES: Provides personal information for the efficient administration of Raider Challenge.
4. MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL: Mandatory, failure to complete the form will disqualify the cadet from participating in Raider Challenge.

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POWER OF ATTORNEY

KNOW ALL MEN BY THESE PRESENTS: That I, _____, a legal resident of _____ and residing at _____, Have made, constituted and appointed and by these presents do make, constitute and appoint _____, whose present address is _____, My true and lawful attorney to act as follows. GIVING AND GRANTING unto may said attorney full power to authorize medical treatment or examination of my dependent minor child _____, as authorized by paragraph 4-51, Army Regulation 40-3.

FURTHER, I do authorize my aforesaid attorney in fact to perform all necessary acts in the execution of the aforesaid authorizations with the same validity as I could effect if personally present. Any act or thing lawfully done hereunder by my said attorney shall be binding on myself and my heirs, legal and personal representatives, and assigns.

PROVIDED, however, that all business transacted hereunder for me or for my account shall be transacted in my name, and that all indorsements and instruments executed by my said attorney for the purpose of carrying out the foregoing powers shall contain my name, followed by that of my said attorney and the designation "attorney-in-fact".

FURTHER, unless sooner revoked or terminated by me, this special Power of Attorney shall become NULL and VOID from and after _____, 19____

IN WITNESS WHEREFORE, I have hereunto set my hand and seal this _____ Day of _____, 19____.

_____ (SEAL)

WITNESS

ACKNOWLEDGEMENT
(by Civilian Notary Public)

I, _____, do hereby certify that I am a duly commissioned, qualified, and authorized notary public in and for the _____; that _____ grantor, in the foregoing Power of Attorney hereto annexed, who is personally well know to me as the person who executed the foregoing Power of Attorney, appeared before me this day within the territorial limits of my authority, being first duly sworn, acknowledged that he executed said instrument after the contents thereof had been read and duly explained to him, and that such execution was his free and voluntary act and deed for the uses and purposes therein set fourth.

IN WITNESS WHEREOF, I have hereto set my hand and affixed my official seat the _____ day of _____, 19____.

MY commission expires _____
Notary Public

DATA REQUIRED BY THE PRIVACY ACT OF 1974

1. AUTHORITY: Title 10 United State Code, Section 3012
2. PRINCIPAL PURPOSED (S): To evaluate eligibility to participate in Junior ROTC activities.
3. ROUTINE USES: Referral of Junior ROTC Cadets for in-patient or out-patient treatment as required.
4. MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL: Providing requested information is voluntary. Failure to disclose will result in lack of eligibility for treatment at medical treatment facilities and/or loss of eligibility to participate in Junior ROTC activities.

Scan in page 2 of Power of Attorney

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HEALTH STATEMENT

Understanding that the Raider Challenge Meet will be a strenuous and physically demanding period. I certify that the named cadet _____ (cadet name) is in good health and has no medical restrictions, i.e. allergy, asthma, bone fractures, respiratory condition, blood, heart, or kidney disorders, pregnancy, epilepsy, diabetes, sickle cell anemia, venereal disease, or any physical or mental disorder that would cause hardship to their well being.

Signature of Parent or Guardian/Date _____

PHYSICAL FITNESS STATEMENT

I certify that the above cadet has taken part in a physical conditioning program. In my judgment, this cadet is physically capable of engaging in the strenuous activities required while participating in the Raider Challenge Meet. To the best of my knowledge, this cadet has no health problems that would preclude attendance in the Raider Challenge Meet.

Signature of DAI/SAI/AI _____

**COVENANT NOT TO SUE
OFF-CAMPUS TRAINING AND PRACTICAL FIELD/HIGH RISK
TRAINING**

DATA REQUIRED FOR PRIVACY ACT OF 1974

1. AUTHORITY: Title 10, U.S. Code 2301. 2. PRINCIPAL PURPOSE(S): To release the U.S. Government, the host institution and the state in which said institution is located from liability for injury, death, or damages for JROTC cadets participating in voluntary off-campus training programs, practical field and high risk training. 3. ROUTINE USES: Nominal personnel actions. Disclosures of information may be provided to proper authorities in actions regarding law enforcement, legal actions as a result of injury or death, and investigations of accidents resulting from such voluntary off-campus to training practical field, and high risk training. 4. MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION: Voluntary. Failures to complete form will disqualify JROTC cadet from participating in specific voluntary training exercises.

I, _____, residing at _____,

(Type or print full name)

(Address)

(City)

_____, do hereby agree that in consideration for being allowed to participate

(State)

in _____, conducted by _____ Army JROTC

(Type of training)

(Name of unit)

Region, and Army supervised activity, and whereas I am doing so entirely on my own initiative, risk and responsibility; and being fully aware of the risks involved with this type of training, I hereby RELEASE AND DISCHARGE FOREVER, the United States Army, the State of _____, and

_____, and all

(State)

(Name of School)

of its officers, agents and employees, acting officially or otherwise, from any cause during said activity or continuance thereof, and I do further covenant and agree to hold the said Government of the United States, the State of _____, and

(State)

_____ blameless for any and all damages which I may cause either intentionally or through my negligence.

Typed/printed name of parent/guardian

Signature of Guardian

Relationship to Cadet

Date

WITNESSED BY:

Age/Period Covered

Signature of Cadet

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RAIDER CHALLENGE RESULTS

BRIGADE _____ **STATE** _____

UNIT	FIRST AID/ LITTER CARRY TIME/PTS/PLACE	ROPE BRIDGE TIME/PTS/PLACE	LAND NAVIGATION SCORE/PTS/PLACE	CADET CHALLENGE AVG. SCORE/PTS/PLACE	5K MARCH/RUN TIME/PTS/PLACE

AVERAGE CUMULATIVE PHYSICAL FITNESS SCORE: _____

FASTEST MILE RUN: (CADET) _____ (SCHOOL) _____ (TIME) _____

FASTEST ROPE BRIDGE TIME: _____ (SCHOOL) _____